

SURVIVOR OUTREACH SERVICES (SOS)



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February 2012

REFLECTING ON NATURE PHOTOS FOR HANDLING GRIEF

They say a picture is worth a thousand words. Is this true for handling grief? For me this has been true. I tend to be more of a visual person than a word person. I see

something of my story in images from nature. Somehow seeing my emotions reflected in the world around me helps me to know my feelings are valid. I am not alone. My story is seen and felt by something larger than myself.

Here are some photos that I have made during my wanderings. Perhaps you will also see some of your experience reflected in these images. I invite you to take a moment to sit with whichever photo draws you. Notice what the picture stirs within you.



An exercise that may be helpful is to look at a photo and journal answers to the following questions:

- What do I see?
- What do I feel?
- What do I think/know?

Janelle Shantz Hertzler is the author of the book *Seasons of Solace: A Story of Healing through Photos and Poems*.

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A GUIDE FOR THE NEWLY WIDOWED

Losing a loved one — whether through unexpected or anticipated circumstances — is always traumatic. This is especially true with the death of a spouse. It is one of life's most profound losses. The transition from wife to widow, hus-

band to widower, is a very real, painful, and personal phenomenon. The trauma of trying to adjust to this new identity while being besieged with a multitude of urgent questions and decisions can be overwhelming.

Here are several things to remember when faced with the death of your spouse. While they may seem simple, they are very important points to remember:

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THE FINAL INSPECTION

The Soldier stood and faced God,
Which must always come to pass.
He hoped his shoes were shining,
Just as brightly as his brass.

'Step forward now, Soldier,
How shall I deal with you?
Have you always turned the other
cheek? To My Church have you
been true?'

The Soldier squared his shoulders
and said, 'No, Lord, I guess I have
not. Because those of us who carry
guns, Can't always be a saint.

I've had to work most Sundays,
And at times my talk was tough.
And sometimes I've been violent,
Because the world is awfully rough.

But, I never took a penny,
That wasn't mine to keep,
Though I worked a lot of overtime,
When the bills just got too steep.

And I never passed a cry for help,
Though at times I shook with
fear...
And sometimes, God, forgive me,
I've wept unmanly tears.



I know I don't deserve a place,
Among the people here.
They never wanted me around,
Except to calm their fears.

If you've a place for me here,
Lord, It needn't be so grand.
I never expected or had too much,
But if you don't, I'll understand.

There was a silence all around
the throne, Where the saints had
often trod. As the Soldier waited
quietly, For the judgment of his
God.

'Step forward now, you Soldier,
You've borne your burdens well.
Walk peacefully on Heaven's
streets, You've done your time in
Hell.'

CHILDREN AND GRIEF: 10 TIPS

For many children, bereavement is a subject that has been treated with silence. This has led to years of pain. In Elizabeth Kubler-Ross's book *On Grief and Grieving*, she reminds us that "Children are old enough to grieve if they are old enough to love; they are the 'forgotten grievers.'" Here are ten points for children and grief:

1. Initiation on-going conversations. Some family members do not want to cause more pain for a child, so they assume that if a child isn't asking about the deceased they shouldn't initiate the conversation. Often a child is silent because they don't want to make the parent or other adult sad. Children learn by example.

2. Let them know mixed emotions are okay. Sometimes children need to be told that it is okay to be sad or angry. Children, as all human-beings, will respond to loss in the various stages or symptoms of grief.

3. Use clear language. Language such as "mommy's gone to heaven"

or "grandma's passed away" can add confusion, especially to young children who tend to see death as temporary.

4. Be available to answer questions. Even clear communication will be followed up with many questions for children who are unfamiliar with death. A child can often think that he or she is somehow responsible for the death, providing open communication can help clear up their concerns.

5. Suggest creative self-expression. Many children have been helped by being able to draw their story of loss. Consider molding clay, building blocks, and paints as invaluable tools to help children express their emotions.

6. Stability is helpful. In the midst of a season when so much feels abnormal, it is helpful if many of the simple routines can stay in place.

7. Reaction to grief is normal. Remember that reactions to grief are normal—grades may fall, children

may lose interest in sports or hobbies they once enjoyed. Keep listening and being available, but do not show anxiety about their normal reactions to grief.

8. Different children react differently. Just like adults, in bereavement children respond in a way that is unique to their situation and personality. Some children will grieve in small doses as they develop and grow.

9. Consider children's bereavement groups. These groups provide understanding peers and professionals who can sympathize and meet the child where he or she is on the grief journey.

10. Relive the memories. Sharing favorite stories about the deceased loved one is an excellent way to help children know that it is okay to laugh and enjoy memories. Older children may enjoy creating a memory book. For younger children, write up their favorite stories for them to have in the years to come.

SURVIVOR'S CORNER

The month of January has passed, and it is the start of the New Year. I would like to share the new habit that I started after my son was killed, which was saying "I love you" to my friends and family before I would go out the door or hang up the phone. At first it didn't feel natural and I was very self-conscious, especially to my girlfriends, but I wanted my friends and family to know how much I cared for them--it may be the last chance I ever have to tell them.

It's important to create as much peace as possible for others and for you as well. It was something invaluable that I learned from Nick. You may never get another chance to tell someone that you love them. The last words that Nick ever said to me was "I love you, mom" and I am so thankful for that. I feel it is important that I continue to give the gift that Nick gave to me. My family isn't the touchy, feely kind, but we make the effort to give hugs now and to tell each other that we love one another.

Recently, a dear friend of mine passed away, and I was at peace because I had given her a big hug and I had the chance for the last time to tell her that I loved her. People may look at you strange and may not respond back, but that's okay. Keep letting people you love know that you love them. You'll be glad that you did.

-Jen Ferguson

ROLL CALL

We thought of you with love today
But that is nothing new.

We thought about you yesterday
And days before that too.

We think of you in silence
We often speak your name.

Now all we have are memories
And your picture in a frame.

Your memory is our keepsake
With which we'll never part

God has you in His keeping
We have you in our Heart.

-Author Unknown

-CW2 Robert Brown, USA

-SPC Kale Clay, USA

-SFC Shawn Coolidge, USA

-PFC Joshua Durham, USA

-MSG Emigdio Elizarraras, USA

-SFC Domacio Galindo, ARNG

-SPC Yoseph Gebremsekel, ARNG

-CW4 Michael Goffena, USA

-PV2 Phillip Harris, USA

-SGT Frank Hernandez, USA

-SFC Mark Hicks, USA

-SPC John Larson, USA

-CW2 Matthew Laskowski, USA

-CW3 Hershel McCants, USA

-SPC Alan McPeck, USA

-SPC Michael Merila, USA

-CPT Gilbert Munoz, USA

-PFC Brandon Palmer, USA

-SPC Carl Talton, USA

-BG Merriam Wheeler, USA

-SPC Thomas Whitehead, USA

-SGT Elijah Wong, USA

-LCpl Alejandro Yazzie, USMC

-PFC Kelly Youngblood, USA



A GUIDE FOR THE NEWLY WIDOWED CONT...

- **Give yourself permission to mourn.** Men and women both need to give themselves permission to mourn. Postponing a confrontation with your feelings by filling each day with frantic activity will only delay and compound the grief reaction. Denying your grief can be helpful in separating yourself from the pain. But, the agony is still there and it will stay there until you acknowledge it.

- **Be aware that you may experience a range of emotions.** Your reactions to death may cover a wide and confusing range of emotions (such as shock, numbness, anger, pain, and yearning). It may help to think of grief as clusters of reactions or fluid phases that overlap one another. Grief does not proceed in an orderly fashion any more than life itself does.

- **With effort, you can and you must overcome your grief.** One of the myths about mourning is that it has an ending point, that if you just wait long enough, it suddenly stops hurting. It doesn't. It requires work. More than time, bereavement takes effort to heal. Mourning is a natural and personal process that only you can pace. It cannot be rushed and it cannot happen without your participation.

- **When needed, find the strength to take action.** As a newly

widowed person, there may be urgent financial and legal decisions you must make following the death of your spouse. You have just suffered an emotionally devastating event and the last thing you want to deal with is money matters. But money does matter, now and for your future, so try to do the best you can. Postpone, however, any decisions that can be put off until you feel better emotionally.

- **Work to tame your fears.** When the first impact of death wears off, you may feel you are losing control. This is a normal part of the grieving process. Unlike mental illness, the strong feelings suffered during grief gradually and permanently disappear. Because you may experience a feeling of temporary instability, it's important to remember that you have the ability to cope. This is a time when much of your adjustment to widowhood takes place.

- **In your own time, in your own way, you can say goodbye.** The present, with all its pain and sorrow, is the only reality you have. Memories are very important, but they cannot be used as a shield against the present. At some point in your grieving, you will be ready to try to say goodbye.

- **Stress can wreak havoc on your health.** The effect of grief on our health is just beginning to be measured. While guarding your health can be among the least of your concerns during the throes of grief, you must work toward maintaining your health as soon as you feel able. This means beginning some form of regular exercise, getting proper nutrition, and reporting physical complaints to your doctor.

If interested, consider employment, continuing education or volunteer opportunities that match your needs and interests. Entering the job market after a long absence, or for the first time, can be one of the most challenging tasks that widowed persons encounter. If interested, look for ways to enhance, capitalize and build on the skills you've developed over the years. Don't be afraid to ask about employment opportunities whenever and wherever you can. Prepare well for your job search. If you do not need to return to work immediately, you may decide to go back to school. There are also volunteer opportunities that are meaningful and personally fulfilling in your community, which you may want to consider.

By AARP Outreach & Services |
May 6, 2005

WELCOMING HOME AN IRAQ VETERAN!

Our own, Margy Bons, rode her Spider at the Welcome Home Iraq Veteran motorcycle ride on Saturday, 21 January 2012. The fundraising event benefited charitable organizations, to include Operation Homefront Arizona (OHAZ). Margy is the proud Gold Star Mother of Sgt Michael Marzano, USMC. Michael made the ultimate sacrifice in Iraq in 2005. Margy

has channeled her love and energy into helping our deployed military families and wounded Warriors as the President of OHAZ. You can find out more about OHAZ at their web site, www.operationhomefront.net/arizona.



BATTLE RATTLE: REFLECTING ON THE SUICIDE OF A MARINE FRIEND MADE IN AFGHANISTAN

This is one of the hardest pieces of journalism that I've written in a long time.

As it appears online, the family members of a friend of mine — Sgt. Ian McConnell, 24 — are traveling today (July 2011) from Camp Pendleton, Calif., to his hometown in Woodbury, Minn. They're preparing for his funeral at Fort Snelling National Cemetery, a U.S. cemetery in nearby Minneapolis.

It's common that when a person dies with most of his or her life seemingly ahead of them, friends and family create online memorials. Ian is no different. His sister, Meg, posted one on Facebook over the weekend, and it has overflowed with stories of his compassion, selflessness and sense of humor as a human being and his honor, courage and commitment as a Marine.

A key detail hasn't been shared publicly, though.

Ian killed himself.

With a self-inflicted gunshot wound, he ended his life on the 4th of July, shocking those who know him as an upbeat, kind young man who went out of his way to regularly pick up the spirits of those around him. He left no note explaining why, his family said.

Count me among the shocked. I've known Ian for more than a year, and he'd demonstrated all those positive characteristics while staying in touch regularly after we met last year at the Yellow Schoolhouse, a small patrol base in Marjah, Afghanistan. We attempted to meet over beer in Virginia just a few weeks ago while he was nearby for training. Our schedules didn't match, but it wasn't for lack of trying.



Sgt. Ian McConnell shakes hands with a boy in Afghanistan. (Family photo)

Some readers of this blog undoubtedly remember the schoolhouse. We arrived there at the start of Afghanistan's fighting season last year, and quickly found ourselves in a situation with India Company, 3rd Battalion, 6th Marines, where chaos reigned supreme outside the wire. I captured much of that in this feature story published last May. Ian spent much of his seven-month deployment last year based there as an explosive ordnance disposal technician, disarming improvised explosive devices and pitching in on patrols.

When I arrived at the schoolhouse as a scared, but determined first-time combat correspondent, Ian was one of the first Marines to make photographer Tom Brown and I feel at home. He was curious about Marine Corps Times and journalism in general, and asked lots of cheerful questions.

With a knowing smile, he also approached me after my first firefight, asking how I felt and what I thought. I had handled the routine ambush pretty well, but it was nice to hear.

He wasn't the only one to check on me, either, and that speaks volumes for those Marines.

Ian had his demons, though. As a member of Pendleton-based 1st Explosive Ordnance Disposal Company, he was assigned along with Gunnery Sgt. Benjamin Lepping (of Sarah Palin tattoo fame) to handle the improvised explosive devices the platoon there encountered regularly.

It was exhausting, dangerous work, and for all his courage, it weighed on Ian, Meg said. His deployment ran from April to November, first with 3/6, and later with 2nd Battalion, 9th Marines, which replaced them in theater in August 2010. Nearly a year later, he still struggled at times with things he saw in Marjah, although he rarely talked about it.

Add in the usual ups and downs in life that we all struggle with, and the results were tragic — and in no way reflective of the courage and optimism with which Ian typically carried himself.



Sgt. Ian McConnell with his sister, Meg. (Family photo)

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MARINE FRIEND CONT...

I struggled with whether to write about Ian once I learned what happened. Like many others, I consider suicide a painful and private matter for a family to handle as they see best. They're the ones who must pick up the pieces.

Meg and I discussed it Friday, and again Saturday after she huddled with her family and pastor. They decided that if sharing it could help someone else, it was worth it. They asked me to post this blog entry as they brought his body back to Minnesota today.

"We want to make a difference," Meg said. "We know this happens, but if we can help make this happen to less people, it's worth it."

Maybe it's because another combat veteran considers opening up about his or her problems. Maybe it's because the family of someone else struggling with demons listens a little more closely. With any luck, as long as people are talking, these kinds of tragedies decrease.

For the record, there were 52 suicides in the Marine Corps in 2009 and 37 in 2010, according to this briefing. There were 17 more through the end of June this year. It's a problem for everyone, too — for every 100,000 people, about 20 kill themselves.

A few months ago, Ian dropped me a line after learning that I had received the Marine Corps Heritage

Foundation's 2011 Major Megan McClung Award for dispatch reporting done while embedded with his unit. As usual, he was upbeat and optimistic.

"Take lots of pictures at the banquet for us," he said in a Facebook message. "You deserve it. And thanks for telling the stories you did. With the truthful pen and gritty wit that really captured how life was for us. Hope to work with you again someday."

In some ways, Ian, I hope you think we are now. Rest in peace, brother.

-Dan Lamothe



Sgt. Ian McConnell, right, prepares for a patrol on May 14, 2010, with Cpl. Anthony DePrimo, Staff Sgt. Ryan Clay and Gunnery Sgt. Benjamin "Gus" Lepping. (Photo by Tom Brown/Staff)

HOW CAN PEOPLE COPE WITH GRIEF?

There remains some controversy about how to best help people survive the loss of a loved one. While many forms of support are available and do help certain individuals, little scientific research has shown clear benefits for any particular approach for grief reactions in general. That is thought to be because each approach to support is so different that it is hard to scientifically compare one to another, intervention procedures are not consistently reported in publications, and the ways these interventions have been studied are flawed. Although there has been some concern that grief counseling for uncomplicated grief sufferers works against bereavement recovery, there is research to the contrary. One approach to treating grief is the dual process model, which endorses the bereavement process as being the dynamic struggle between the pain of the death of the loved one (loss-oriented) and recovery (restoration-oriented). This model of treatment recommends that bereaved individuals alternate between directly working on their loss (confrontation) and taking a break from (avoidance) that process when appropriate. For couples who are grieving the occurrence of a miscarriage, brief professional counseling has been found to be helpful.

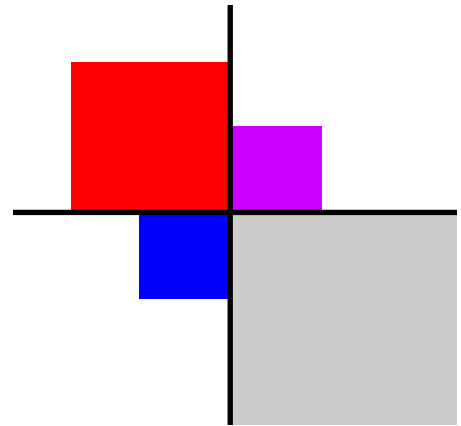
Quite valuable tips for journaling as an effective way of managing bereavement rather than just stirring up painful feelings are provided by the Center for Journal Therapy. While encouraging those who choose to write a journal to apply no strict rules to the process, some of the ideas encouraged include limiting the time journaling to 15 minutes per day or less to decrease the likelihood of worsening grief, writing how one imagines his or her life will be a year from the date of the loss, and clearly identifying feelings to allow for easier tracking of

the individual's grief process.

To help children and adolescents cope emotionally with the death of a friend or family member, it is important to ensure they receive consistent caretaking and frequent interaction with supportive adults. For children of school age and older, appropriate participation in school, social, and extracurricular activities is necessary to a successful resolution of grief. For adolescents, maintaining positive relationships with peers becomes important in helping teens figure out how to deal with grief. Depending on the adolescent, they even may find interactions with peers and family more helpful than formal sources of support like their school counselor. All children and teens can benefit from being reassured that they did not cause their loved one to die, and such reassurance can go a long way toward lessening the developmentally appropriate tendency children and adolescents have for blaming themselves and any angry feelings they may have harbored against their lost loved one for the death.

Effective coping tips for grieving are nearly as different and numerous as there are bereaved individuals. The bereaved individual's caring for him/herself through continuing nutritious and regular eating habits, getting extra rest, and communicating with surviving friends and families are some ways for grief sufferers to ease the grief process. The use of supportive structure can also go a long way to helping the aggrieved individual come to terms with their loss. Anything from reciting comforting prayers or affirmations, to returning to established meal and bedtimes, can help grieving individuals regain a sense of normalcy in their lives. As death involves the loss of an imperfect relationship involving imperfect individuals, forgiveness of the faults of the lost

loved one can go a long way toward healing for the bereaved. While the painful aspects of dealing with death are clear, bereavement sometimes also leads to enhanced personal development.



I Will Live by Dianna Hardy

I will live
After the sun has burst into a
million stars. And the moon
fallen out of the sky; I will
watch man set his first foot
on Mars And witness our uni-
verse die.

I will live
After Death has come knock-
ing upon my sill, After Love
has blinded all men; For
Love nor Death can extin-
guish my will, I will live, and
then, live again!

REMEMBERING OUR FALLEN CREATORS

We are from Omaha and have completed exhibits for Nebraska, Iowa, Missouri, Colorado and now Arizona. Bellevue University is the sponsor of each of the exhibits. They are endorsed by the American Legion and VFW.

The fee to have the exhibit displayed in your community for a week is \$800 plus tax. No contract or deposit. The fee goes for the upkeep and the person hired to travel the state setting it up and returning a week later to take it down. Most communities have it appear in the library, city hall, courthouse, hospital lobby, Legion/VFW hall or a business. Space needed is about

60 linear feet. A sign can be placed near the exhibit listing the sponsors.

An opening ceremony is usually held and families of the area's Fallen are invited to join the public in honoring these men and women.

The link to our website includes a five minute video showing family members viewing an exhibit for the first time.

Please let us know if you would like to bring it to your business or community.

Bill and Evonne Williams
402-612-0210

www.rememberingourfallen.org

www.patrioticproductions.org

<http://www.rememberingourfallen.org/pictures%2Dand%2Dtestimonials/>

GRIEF/LOSS POEMS

Always Near as You Walk Along the Lakeshore

And I am no longer with you
Let no tears fall or sorrow prevail
When you see your reflection shimmer in the water
Smile and know that I see your smile
When you feel the cool grass beneath your feet
And the sun's warmth upon your back
Know that I feel it also
When you hear the leaves rustling in the wind
Know it is my voice softly whispering to you
When you see a butterfly dancing among flowers
Know that I am dancing also
When you gently touch a puppy's soft fur
Know that I too feel your touch
When the wind swirls across your skin

Know that it is I who caresses you
When you love another
Know that I too feel your love
These words are truth, my love
Have faith, my love
As long as beauty lives upon the earth and in the stars
And love lives in every beat of every heart
So then do I
So then do we all.

-Author unknown

When Life Gets So Hard

I wanted to find some words on a card
That would help to get thru it when life gets so hard.
It seems you can't bear it-perhaps can't go on
When deep in the heart there's no trace of a song

Some words that would comfort-when late in the night
The trials return and you're too tired to fight
Or the tears flow so often it seems you'll run dry
And life gets so tough that you just want to die
Or at least go and hide-where you're safe from all pain
Someplace you can rest 'til you find joy again
What are the words you so need to hear-
That will help and will heal and will remove all the fear-
That builds up inside 'til you think you'll explode-
What are the words that will lighten the load?
If only I knew the right words to say
To encourage and Bless you or comfort some way
I know not the words but this I can do
I shall offer up Prayers to the Father for you.

-M. Garren

REMEMBERING OUR FALLEN



West Valley Support Group:

- 09 February 2012 at 6pm
- 12 April 2012 at 6pm
- 10 May 2012 at 6pm

Upcoming Events:

- "SPRING FLING" tentatively 24 March 2012 at 12pm
- "SUMMER BASH" dates TBD

Upcoming Prescott Support Group:

- Thursday, 16 February 2012 at 6pm
- Location will be at Yavapai Community College at 1100 E. Sheldon Street, Prescott, AZ 86301

East Valley Support Group:

- 23 February 2012 at 6pm
- 26 April 2012 at 6pm
- 24 May 2012 at 6pm

THE NATIONAL MILITARY FAMILY BEREAVEMENT STUDY

The National Military Family Bereavement Study is the first scientific study (Congressionally Directed Medical Research Program) of the impact of a U.S. service member death on surviving family members. The research is being conducted by Uniformed Services University of the Health Sciences (USUHS) Center for the Study of Traumatic Stress (CSTS) in Bethesda, Maryland and is a five-year study. The multi-disciplinary research team is led by Stephen J. Cozza, M.D., Associate Director of CSTS/Director of the Child and Family Program.

The death of a U.S. military service member is a life-changing event for the entire family. From the initial distress of notification to longer-term challenges family members face difficult emotional and practical issues possibly related to distinctive characteristics of military death. A recent count of U.S. military active duty status deaths totals over 16,000 since September 11, 2001. Over a third of the deaths are attributable to the wars in Iraq and Afghanistan. Conservative estimates tell us that 6–10 individuals are impacted for each service member

who dies, thus affecting approximately 160,000 family members or more.

While certain similarities between civilian and military bereavement exist, families impacted by a U.S. military death may possess unique risk and protective factors that affect their bereavement process and experience of loss. The study of bereavement in the civilian population is extensive; however there is a lack of substantive empirical research on the impact of the death of a family member serving in the U.S. military. The need to study individual and family bereavement when a U.S. military service member dies is critical to understanding the grief and loss experiences of this unique survivor population. This study's findings will help to provide a scientific basis to inform policies effecting survivor care.

This study will seek to study the impact of a service member death on his or her family of origin and their family of procreation. Given the unique nature of military family life, the study will investigate the impact of community support and

services on the bereaved and how available resources impact resilience or vulnerability in surviving families. Finally, this study will build on the growing evidence addressing the intersection of grief and trauma and how it affects a military family member's bereavement process, needs for support and assistance.

Who can participate in this study?

Those eligible to participate will include: parents/step-parents/adoptive & custodial parents/in-loco parentis; siblings/step-siblings; spouses/ex-spouses; children/step-children (including adult children over the age of 18) whose related service member has died by all circumstances of death (such as KIA, accident, illness, homicide, suicide) on active duty status in the U.S. Military (Army, Navy, Air Force & Marines — active, guard & reserve) on or after September 11, 2001.

For updates about this study, please continue to check the website at www.militarysurvivorstudy.org.



EAST VALLEY VETERANS EDUCATION CENTER (EVVEC)

The EVVEC is located at 2055 S. Cottonwood Drive, Tempe, AZ 85282

The Maricopa Community Colleges East Valley Veterans Education Center (EVVEC) provides educational outreach and college advisement services to veterans and their family members at no cost. They offer a "one-stop-shop" where veterans can get practical information about the educational resources available to successfully pursue a college education.

The EVVEC can be reached at (480) 384-9850. They will make an appt to meet with children over the age of 16 who are planning on going to college and discuss what's available out there, they have a list of resources for tuition money--grants/scholarships. They will talk about goals and college plans, etc...

You can check them out at their site: <http://www.evvec.org/Pages/default.aspx>

CHILDREN'S EVENT IN TUCSON, AZ



The poster for the SportsX 2012 Sports Extravaganza Sports Clinic features a collage of images including a young athlete running, a basketball player, and a group of children. The text on the poster provides details about the event, including the date, location, and registration information.

SportsX www.sportsx.org NikeFactoryStore

2012

**Sports Extravaganza
Sports Clinic
March 3, 2012**

**Olympians
Coach Arizona's
Youth**

Flowing Wells High School
3725 North Flowing Wells Road
Tucson, AZ
9:00 AM – 2:00 PM
Ages 5-18

Free Admission

**Register at
Nike Factory Store Foothills Mall**
520.465.8679
e-mail: latanya@sportsx.org

*Fighting Childhood Obesity
and Developing Life Skills Through Sports*
LaTanya Sheffield

Visit www.sportsx.org
to register

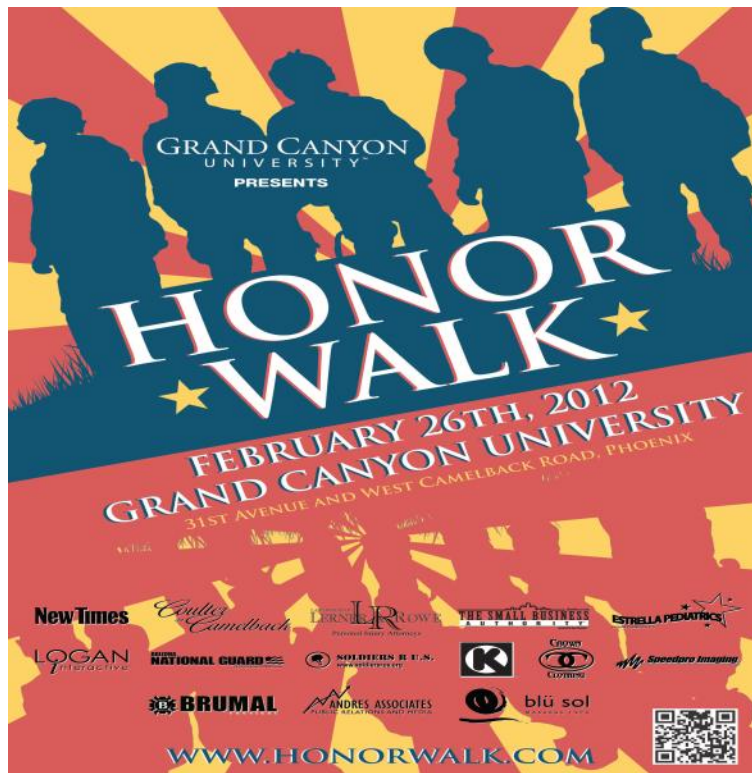
Register by
February 18, 2012

Follow us  

THE MUSIC OF BOB HUFF

Bob Huff is the proud Father of PFC Sam Williams Huff. Sam made the ultimate sacrifice on 18 April 2005 in Baghdad, Iraq. Bob is offering his music CD to the families of our Fallen free of charge. You can see and hear the CD on his web-site at www.bobhuffmusic.com. If anyone is interested in one of his CDs, please email him at bob@bobhuffmusic.com.

AZ VETERANS LEAD PRESENTS...



Sunday, February 26, 2012 Grand Canyon University, Phoenix, AZ

- What:** 5K team walk to honor those of all generations who have served our country and to support professional development programs benefiting Arizona veterans.
- When:** Sunday, 26 February 2012
6:30am – 7:45am – Late Registration
8:00am – 5K (3.1 mile) Walk Starts
7:00am – 10:30am – Music, Entertainment, Food and Fun
- Where:** Grand Canyon University, 31st Avenue and West Camelback Road, Phoenix
- Benefiting:** AZ Veterans Lead, 501 (c) (3) (pending) and Soldiers R U.S., 501 (c) (3). AZ Veterans Lead supports more than 665,000 Arizonans who have served their country by providing professional networking, mentoring, and career services. Since 2004 Soldiers R US has sent more than 10,000 care packages of badly needed and much appreciated supplies to Arizona's men and women deployed around the world.
- Some Details:** Teams will be organized in the name of a veteran or active duty service member. We hope to have 3000 – 5000 participants. All participants will receive a custom t-shirt and personalized dog tag. The event will be pet-friendly and wheelchair accessible. The untimed 5K (3.1 mile) event



SURVIVOR OUTREACH SERVICES (SOS)

Stella Julander Cook
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Blackberry: 602-750-2853
Email: brook.wiggins@us.army.mil



The mission of the Army SOS program is to embrace and reassure the Survivors that they are linked to the Military family through a unified support program that enables them to remain an important part of the military for as long as they desire. SOS Coordinators assist Survivors whose loved one served on Active Duty, National Guard, Reserves, Retirees and Veterans of any Military Service.

Survivor Outreach Services (SOS) is an Army-wide program that provides dedicated and comprehensive support services to survivors of deceased Soldiers. The program standardizes casualty assistance services and policies across the Army and provides additional staffing at Casualty Assistance Centers (CACs), Army Community Service (ACS) Centers, and Army National Guard (ARNG) and US Army Reserve (USAR) Family Programs.

We're on the Web!

<http://www.azguard.gov/families/SOS.htm>

RESOURCES

Education Websites

Army Family Programs
www.arfp.org

Beaumont Foundation of America www.bmtfoundation.com

Camp Solari
www.solarihospice.com/go2/solari-kids-camp.cfm

Child Grief Education Association www.childgrief.org/

Children of Fallen Heroes
www.cfsrf.org

Children of Fallen Patriots Foundation
www.fallenpatriots.org

Children of Fallen Soldiers Relief Fund
www.cfsrf.org

Fisher House Foundation
www.fisherhouse.org

Folds of Honor Foundation
www.foldsofhonor.org

Scholarships

Spouse/Caregiver Spring 2012 Scholarship

<http://www.hopeforthewarriors.org/scholareligh.html>

FRY Scholarship
http://www.gibill.va.gov/documents/factsheets/fry_scholarship.pdf

Pat Tillman Scholarship
http://www.gibill.va.gov/resources/education_resources/Tillman_Scholarship.html

<http://www.foldsofhonor.org/scholarships>

<http://militaryscholar.org/index.html>

DRS Scholarship Fund for Children of Fallen Guardsmen

<http://www.ngef.org/index.asp?bid=300>

(The DRS Scholarship assists the college-bound children of Fallen National Guardsmen. Those selected will receive four grants of \$6,500 during each year they attend school. Application deadline is 30 June 2012.)